Body-Solid
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COMMERCIAL RATED

Product Data Sheet

FCD (Sears# 6-30272)

Vertical Knee Raise, Dip and Chin Station

FCD

Vertical Knee Raise, Dip and Chin Station

By doing pull-ups, chin-ups and dips, you can effectively and efficiently build muscles in your arms, shoulders and back. Add vertical knees raises and you'll soon see an increase in definition of your lower abdominal muscles. The benefits of these exercises can be enjoyed by fitness enthusiasts of all skill and strength levels.

Dimensions: 27"W x 63"L x 82"H

Special Features

- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Easy access dip station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm™ back, arm and knee pads
- 11-gauge steel frame with 2" x 3" oval tubing
- 2"x 2" all-4-side welded high tensile strength steel mainframe construction

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Product Data Sheet

G5S (Sears# 6-30210)
Selectorized Multi-Station Gym

Optional Attachments:
GLP
Leg Press Station

SP50
50 lb. Selectorized Weight Stack Upgrade

GAP5 (Shown in photo)
Aluminum Pulley Upgrade Kit

GCCA
Cable Column Attachment

GIOT
Seated Inner/Outer Thigh Attachment

GRACK
Home Gym Accessory Rack

Weight Stack Options:
160 lb. stack (standard)
210 lb. stack (optional)

G5S
Selectorized Multi-Station Gym

The Ergo-Press press arm features hand grips to work muscle groups from various angles, creating more thorough muscular development. Adjust the cam at the top of the press arm to perform flawless, chest, shoulder and back exercises. Turn around and blast your lats with a chest supported mid row or reach up and grab the lat bar. The G5S comes with the Perfect Pec™ Station. The leg developer's SmoothGlide Bearing System™ glides you through the most demanding leg curls and leg extensions.

Floor Space Dimensions: 83"L x 46"W x 83.5"H

Special Features

- Traditional press bar is biomechanically designed for maximum chest concentration and outstanding muscle development
- Chest, incline, shoulder press, mid row and leg developer stations incorporate the friction free SmoothGlide Bearing System™
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement

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Product Data Sheet

G9S (Sears# 6-30218)
Selectorized Multi-Station Gym

Optional Attachments:

GKR9
Vertical Knee Raise Station for G9S

GAP9 (Shown in photo)
Aluminum Pulley Upgrade Kit

GIOT-9
Seated Inner/Outer Thigh Attachment

G9S
Selectorized Multi-Station Gym

The G9S features a multi-function Press Arm Station for bench press, incline press, shoulder press and chest supported mid row exercises. The Perfect Pec™ Station with fully adjustable range of motion allows users to achieve deeper muscle penetration for faster, more defined results. The Leg Press/Calf Press Station operates on a 2 to 1 weight ratio giving the G9S the awesome capacity of a 420 lb. leg press!

Floor Space Dimensions: 89"L x 76"W x 83.5"H

Special Features

- Two weight stacks
- Traditional press bar is biomechanically designed for maximum chest concentration
- Leg developer station features the SmoothGlide Bearing System™ with biomechanically accurate pivot point and integrated CAM
- Self-aligning, contoured leg extension cuffs automatically adjust throughout the exercise movement

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Product Data Sheet

GAB60 (Sears# 6-11725)
Adjustable Ab Board

GAB60
Adjustable Ab Board

Centered on a telescoping 2"x 2" steel beam, our Adjustable Ab Board adjusts to twelve positions for increased or decreased difficulty when doing sit-ups or crunches. Featuring an extra wide, double-stitched DuraFirm™ pad and oversized 8" foam rollers. Ideal for home or commercial use.

Dimensions: 52"H x 54"L x 24"W

Special Features

- Twelve adjustment levels
- Extra-wide DuraFirm™ back pad
- Incredibly effective in isolating the entire abdominal region
- Exceptional upper back and head support maintain proper body alignment
- Unique design provides easy entry and exit
- Oversized 8" foam rollers for comfort and stability

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COMMERCIAL RATED

Product Data Sheet

GDCC210 (Sears# 6-30273)

Compact Functional Training Center

Optional Attachments:

SP50
50 lb. Selectorized Weight Stack Upgrade

GDCCBAR
GDCC Bar

GDCCRACK
GDCC Accessory Rack

Weight Stack Options:
Two-160 lb. stacks (standard)
Two-210 lb. stacks (optional)

GDCC210
Compact Functional Training Center

Core stability training can lead to improved balance, coordination and stability. By efficiently working your body's stabilizer muscles though a limitless number of exercises, the GDCCC210 Functional Training Center offers strength-building results to users of all sizes.

Unrestricted multiple planes of motion approximate the muscle activity required for many of the activities you do in everyday life. The Body-Solid GDCC210 features ergonomically designed adjustments and interchangeable cable handles.

Dimensions: 83.5"H x 63.5"L x 40.5"W

Special Features

- Vertical carriage system features fiberglass reinforced nylon pulleys and locking, universal attachment connections
- Precision-fitted frame components constructed from commercial grade 11-gauge, 2"x4" oval tubing with an electrostatically applied powder coat finish
- 4.8 mm diameter spun steel aircraft cables rated to over 2,500 lbs.
- 20 independent height adjustments and 180° cable positioning for frictionless resistance in all directions

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Body-Solid
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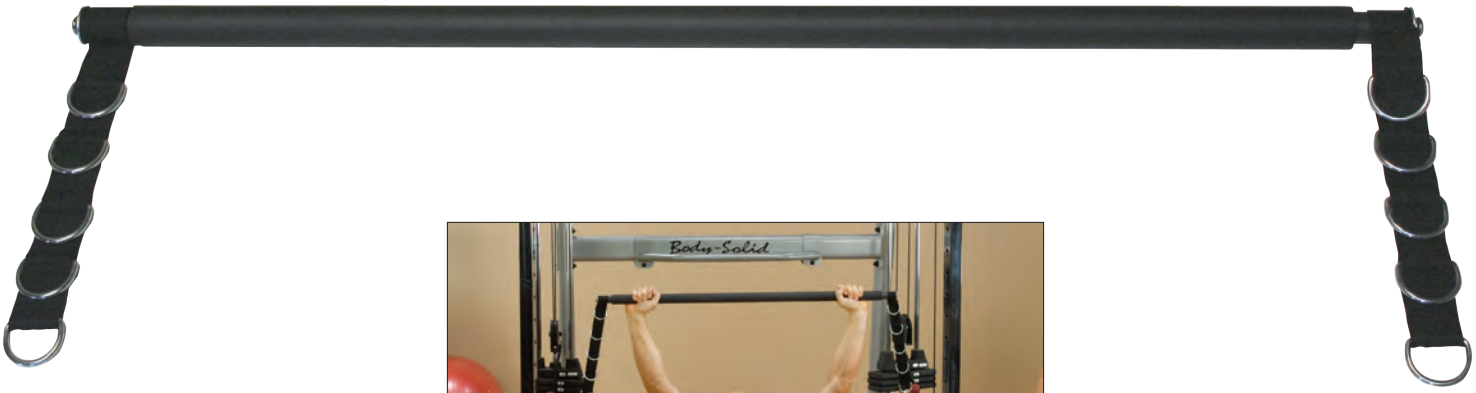
Product Data Sheet

GDCCBAR (Sears# 6-30869)

Dual Press Bar



GDCCBAR
Dual Press Bar

Now you can take full advantage your Body-Solid functional training center's dual weight stacks with the GDCC Dual Press Bar. By connecting the GDCC to both racks of the Body-Solid GDCC210, you can use both stacks simultaneously for a smooth, unilateral movement.

Dimensions: 42"L, 1.5" Diameter

Special Features

- Attaches to the weight stacks for press exercises including:
  - Bench press
  - Incline press
  - Decline press
  - Shoulder press
  - Squats

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Product Data Sheet

GDCCRACK (Sears# 6-30867)

Accessory Rack

GDCCRACK
Accessory Rack

From a convenient place to hang your towel, to a sturdy support for stretching routines, to a handle to brace for leg exercises, the GDCC Functional Trainer Accessory Rack is an indispensable addition to your Body-Solid GDCC210
Functional Trainer.

The GDCC Accessory Rack slides down over the crossbar and locks into place with a simple two-bolt installation. Hooks on the back of the bar provide convenient, easy organization for gym accessories.

Dimensions: 10"D x 30"L x 5"H

Special Features

- Mounts to the rear bar for easy access
- Includes four specially angled pegs for storing accessories

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Product Data Sheet

GDKR100 (Sears# 6-82291)
Dumbbell/Kettlebell Rack

Dumbbells and kettlebells sold separately.

GDKR100
Dumbbell/Kettlebell Rack

Configurable weight platforms flip to hold either dumbbells or kettlebells.

Keep your workout area organized, clean and, most importantly, safe. Our weight trees and dumbbell racks can be placed against any wall or centered in a room. Nobody builds stronger or more space efficient storage units. Heavy gauge steel with all-4-side welded construction is deburred inside and out for user safety.

Dimensions: 33"H x 44.5"L x 23"W

Special Features

- Holds dumbbells, kettlebells or both
- Reversible tiers provide versatility
- Kettle bell side can hold accessories as well
- Dumbbell side can be angled for easy access

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Product Data Sheet

GDR363 (Sears# 6-23731)

3-Tier Horizontal Dumbbell Rack

Dumbbells sold separately.

GDR363
3-Tier Horizontal Dumbbell Rack

Keep your workout area organized, clean and, most importantly, safe. Our weight trees and dumbbell racks can be placed against any wall or centered in a room. Nobody builds stronger or more space efficient storage units. Heavy gauge steel with all-4-side welded construction is deburred inside and out for user safety. Holds one (1) pair each of 5-50 lb. hex dumbbells.

Dimensions: 30"H x 20"L x 40"W

Special Features

- Space efficient design
- Heavy duty 12-gauge steel construction

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Product Data Sheet

GDR60 (Sears# 6-11731)

2-Tier Horizontal Dumbbell Rack

Shown With :

GDRT6 (Shown in photo)
Optional Third Tier

Dumbbells sold separately.

GDR60
2-Tier Horizontal Dumbbell Rack

Keep your workout area organized, clean and, most importantly, safe. Our weight trees and dumbbell racks can be placed against any wall or centered in a room. Heavy gauge steel with all-4-side welded construction is deburred inside and out for user safety. Heavy-duty 2"x3" mainframe features a reversed pitch design that allows easy access to all three tiers.

Shown with optional third tier #GDRT6: allows storage of up to 70 lb. dumbbell pairs.

Dimensions: 32"H x 23"L x 62"W

Special Features

- Easily holds one pair each 5-50 lb. Hex Dumbbells
- Optional 3rd Tier allows storage of up to 70 lb. Hex Dumbbell pairs #GDRT6
- Heavy-duty 2"x3" mainframe features a reversed pitch design that allows easy access to all three tiers
- Ideal for home and commercial use

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Product Data Sheet

GFB350 (Sears# 6-30274)

2"x3" Flat Bench

Dumbbells sold separately.

GFB350
2"x3" Flat Bench

If you want the ability to perform all the basic barbell and dumbbell exercises then this flat bench should be your choice! Increase your strength and flexibility with this ultra-tough workout bench. DuraFirm™ extra-thick upholstery adds comfort and stability to your exercise routine. The pad is positioned on the Body-Solid 2"x3" commercial mainframe with four-side welded construction. Euro-Cap foot levelers add style and function to a popular piece that easily fits all users.

Dimensions: 20"H x 46"L x 23"W

Special Features

- Perfect for all basic barbell and dumbbell exercises
- Commercial 2"x3" heavy gauge steel mainframe
- Wide base eliminates rocking
- Extra-thick DuraFirm™ pad
- All-4-side welded construction
- Ideal for home and commercial use

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Product Data Sheet

GFID225 (Sears# 6-30275)

Folding F.I.D. Bench, Fully Assembled

GFID225
Folding FID Bench, Fully Assembled

The Body-Solid GDFID225 Multi-Bench is the perfect training partner; it is functional, compact, portable and durable. It requires no assembly and is designed to be used straight out of the box. Features include seven adjustment positions for flexibility and comfort. The 2"x3" oval tubing ensures durability and support for the heaviest of workouts. Built-in wheels make transport quick and easy and it folds flat for storage under a bed or on end in a closet.

In-Use Dimensions: 18"H x 57"L x 16"W

Special Features

- No assembly required
- Seven adjustment positions
- Transport wheels for mobility

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Product Data Sheet

GLPH1100 (Sears# 6-30276)

Leg Press Hack Squat Machine

Olympic style plates only.
Weight plates sold separately.

GLPH1100
Leg Press Hack Squat Machine

As you work your quads, glutes, and calves, the engineered smoothness of the Leg Press/Hack Squat Machine spares your bones and joints. Three lockout positions are under the user's control throughout the exercises and provide user safety and the option of different start/stop positions.

Dimensions: 56"H x 83"L x 34"W

Special Features

- Quad track roller system operates smoothly and distributes weight evenly
- Both back pads utilize a quick flip-and-lock mechanism
- Extra-heavy gauge Diamond Plate foot platforms for both Leg Press and Hack Squat positions.
- Easy-access under-carriage plate load system.
- Extra heavy duty 2"x4" 11-gauge steel mainframe minimizes torsional flex

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Product Data Sheet

GPR378 (Sears# 6-30277)

Body-Solid Power Rack

GPR378
Body-Solid Power Rack

Freedom of movement combined with adjustable racking and safety positions make the Power Rack a must-have for those who want to strength train without compromise. The Body-Solid Power Rack is designed to work with all types of benches and engineered for extreme workouts. Electrostatically applied powder coat finish resists chipping and scratching through the most brutal routines.

Dimensions: 82"H x 49"L x 46"W

Special Features

- Wide walk-in design
- Twenty adjustment levels
- 3"x3" vertical 11-gauge steel support columns
- 41" wide knurled chinning bar
- Heat tempered lift-offs and saber style safety rods keep your workouts simple, safe and effective
- Ideal for commercial use

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Product Data Sheet

GSCL360 (Sears# 6-11378)

Leverage Squat Calf Machine

Olympic style plates only.
Weight plates sold separately.

GSCL360
Leverage Squat Calf Machine

This Leverage Squat/Calf Raise Machine is engineered to eliminate the risks of this essential exercise while enhancing the benefits and increasing the effectiveness.

Perform squats with 300, 500, 800 pounds and more! The Leverage Squat Machine is the strongest machine in its class and can handle the heaviest loads with ease. This machine is built for those who want it all: power, mass and performance!

Dimensions: 56"H x 62"L x 43"W

Special Features

- Heavy-gauge diamond plate foot platform is set to a perfect 20° pitch for optimal development of the quadriceps and glutes
- Innovative calf raise block is round instead of square, eliminating the painful edge and providing a deep pre-stretch for maximum calf-blasting workouts
- Heavy-duty mainframe is comprised of extra-large 3"x3" high tensile strength 12-gauge steel with all-4-side welded construction

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Product Data Sheet

KBS105 (Sears# 6-82289)/KBS275 (Sears# 6-82290)

Kettlebells

KBS105/KBS275
Kettlebells

Kettlebell workouts produce particularly impressive gains in the legs, hips and shoulders. There are more muscles involved in balance and leverage with the kettlebell; you work every muscle just keeping them up and moving them around you. By training with Body-Solid kettlebells, you'll achieve strength, endurance and body shaping as you build core strength with every successive workout.

Body-Solid Kettlebells come in a range of weights to help you build strength, increase endurance and improve agility incrementally as you become accustomed to using them for squats, throws, cleans and jerks, snatches, rotational swings and much more.

Special Features

- Cast iron with a tough black enamel finish
- Steel reinforced handles for durability
- Handles on heavier kettlebells are large enough to accommodate both hands

Weight	Item #
5	KB5
10	KB10
15	KB15
20	KB20
25	KB25
30	KB30
35	KB35
40	KB40
45	KB45
50	KB50
55	KB55
60	KB60
65	KB65
70	KB70
75	KB75

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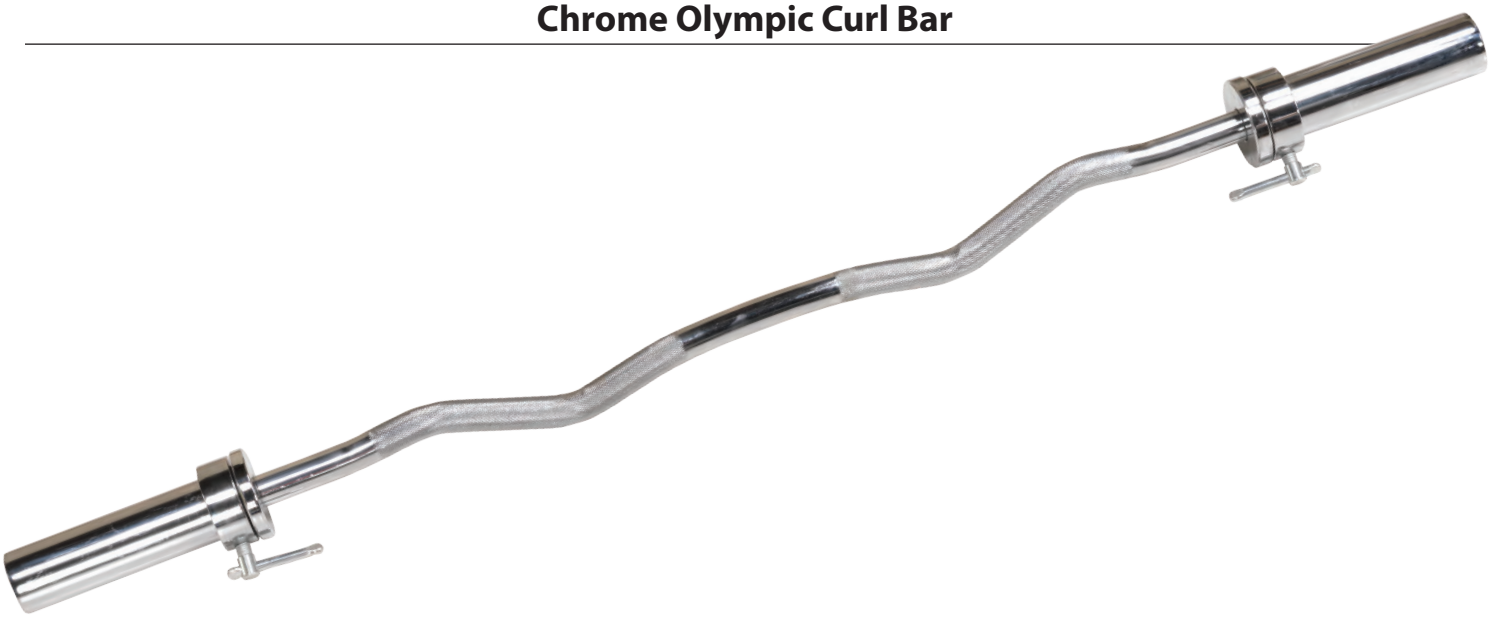
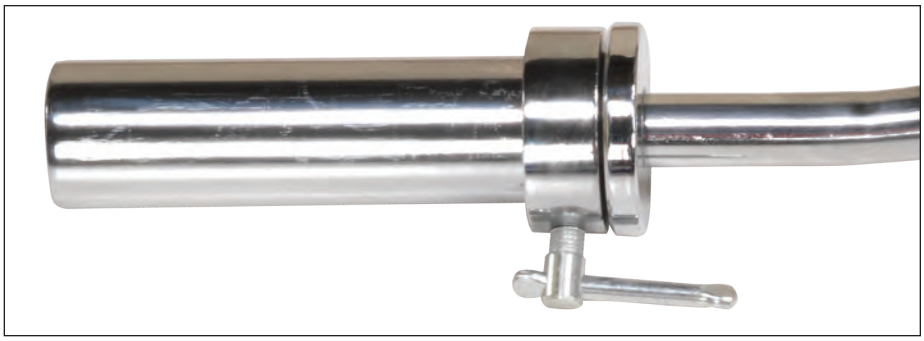
Product Data Sheet

OB47 (Sears# 6-30280)
Chrome Olympic Curl Bar





OB47
Chrome Olympic Curl Bar

The quickest way to increase upper arm mass, strength and definition. A proven favorite of body builders everywhere, this bar isolates and intensifies development of the biceps and forearm muscles.

Special Features

- 47" Long
- 18 pounds
- Two Olympic Training Collars included (#OC04)

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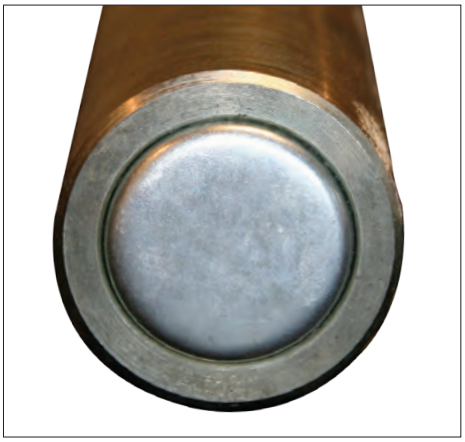
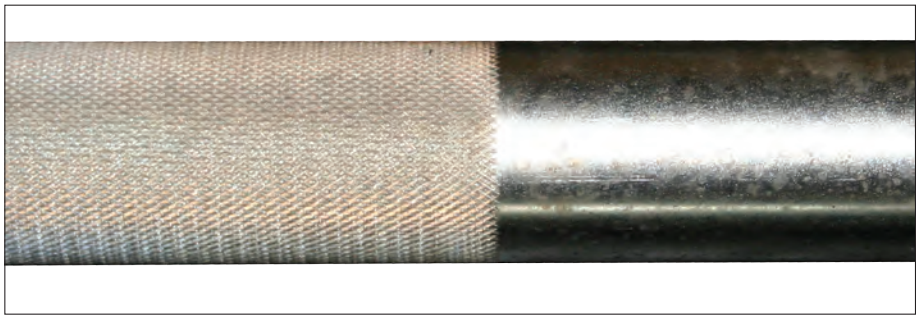
Product Data Sheet

OB86PB (Sears# 6-30870)

7' Olympic Power Bar





OB86PB
7' Olympic Power Bar

The most essential piece of equipment for every gym or club with design integrity that has been devoted entirely to super strength and superior performance. Precision-engineered from special high strength, stress proof alloy steel with rolled-in knurling to avoid adding stress points.

Dimensions: 87"L, 1" Diameter

Special Features

- 44 pounds
- 2" diameter bushing sleeve
- 17.5" sleeve length
- Crafted from 120,000 lb. tensile strength steel
- Deep diamond knurling
- 1200 lb. static load capacity
- Made in USA

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Product Data Sheet

ORT (See below for Sears item numbers)
Rubber Grip Olympic Plates

ORT[SIZE]
Rubber Grip Olympic Plates

Designed using state-of-the art technology, Body-Solid Rubber Grip Olympic Plates surpass all others in quality, accuracy, reliability and price. Quad-grip design guarantees safer and easier performance than any other plate on the market. Encased in durable, heavy duty rubber to prevent scuffing or damage to equipment, walls or floors. Impact-resistant, these Olympic Plates will not split, crack or peel. They are also impervious to rusting, chipping, flaking or losing their color. The integrated metal sleeve provides a smooth, secure fit onto any Olympic bar. Heavy lifting has never been easier or safer.

Set Item #	Weight	Sears Item #
ORST255	255 lbs	6-82262
ORST355	355 lbs	6-82263
ORST455	455 lbs	6-82264

Weight. ..	Item #
2.5	ORT2.5
5	ORT5
10	ORT10
25	ORT25
35	ORT35
45	ORT45
100	ORT100

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Product Data Sheet

RF34B (Sears# 6-82297)
Bike Tread Mat Flooring

RF34B
Bike Tread Mat Flooring

Tread Mat Flooring is perfect for treadmills, bikes, ellipticals or as a general aerobics mat. Tough and durable PVC material helps protect your floors and carpets from the damaging effects of heavy exercise equipment and debris from mechanical parts. Prolongs the life of your equipment by helping to prevent floor and carpet dust from entering belts and mechanical parts. Dampens vibrations that cause wear and tear to equipment and muffles noises.

Dimensions: 3'W x 4'L, 1/8" thick

Special Features

- Durable PVC material
- Protects floors
- Dampens vibrations

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Product Data Sheet

RF36T (Sears# 6-82298)
Cardio Tread Mat Flooring

RF36T
Cardio Tread Mat Flooring

Tread Mat Flooring is perfect for treadmills, bikes, ellipticals or as a general aerobics mat. Tough and durable PVC material helps protect your floors and carpets from the damaging effects of heavy exercise equipment and debris from mechanical parts. Prolongs the life of your equipment by helping to prevent floor and carpet dust from entering belts and mechanical parts. Dampens vibrations that cause wear and tear to equipment and muffles noises.

Dimensions: 3'W x 6'6"L, 1/8" thick

Special Features

- Durable PVC material
- Protects floors
- Dampens vibrations

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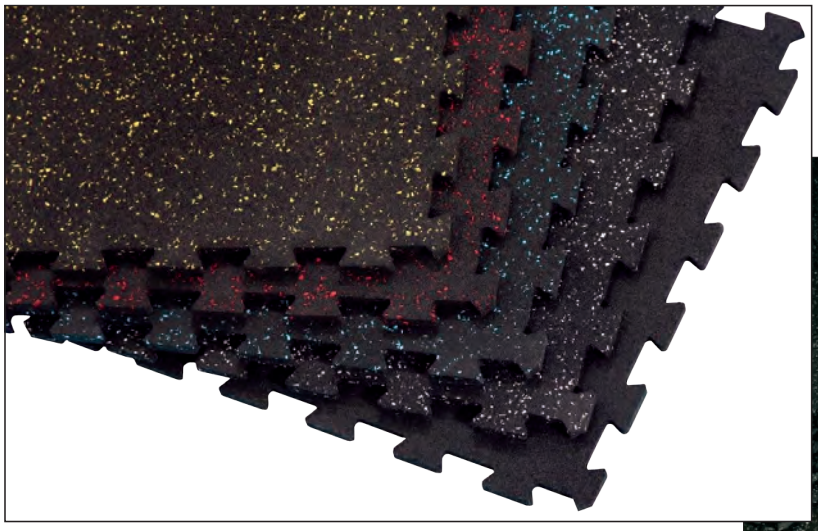
Product Data Sheet

RF4PMB (Sears# 6-30874)/RF4PMG

Interlocking Rubber Flooring



RF4PMB/RF4PMG
Interlocking Rubber Flooring

Interlocking Rubber Flooring is made from recycled rubber and bond with urethane binder which encapsulates each piece of rubber for long life and provides resistance to foreign substances.

RF4PMB: Solid black

RF4PMG: Black with specs

Dimensions: 19.5" x 19.5"

Special Features

- Recycled rubber
- Urethane binder
- Can be easily trimmed to adjust the size of your workout area
- Available in solid black or black with specs

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Body-Solid
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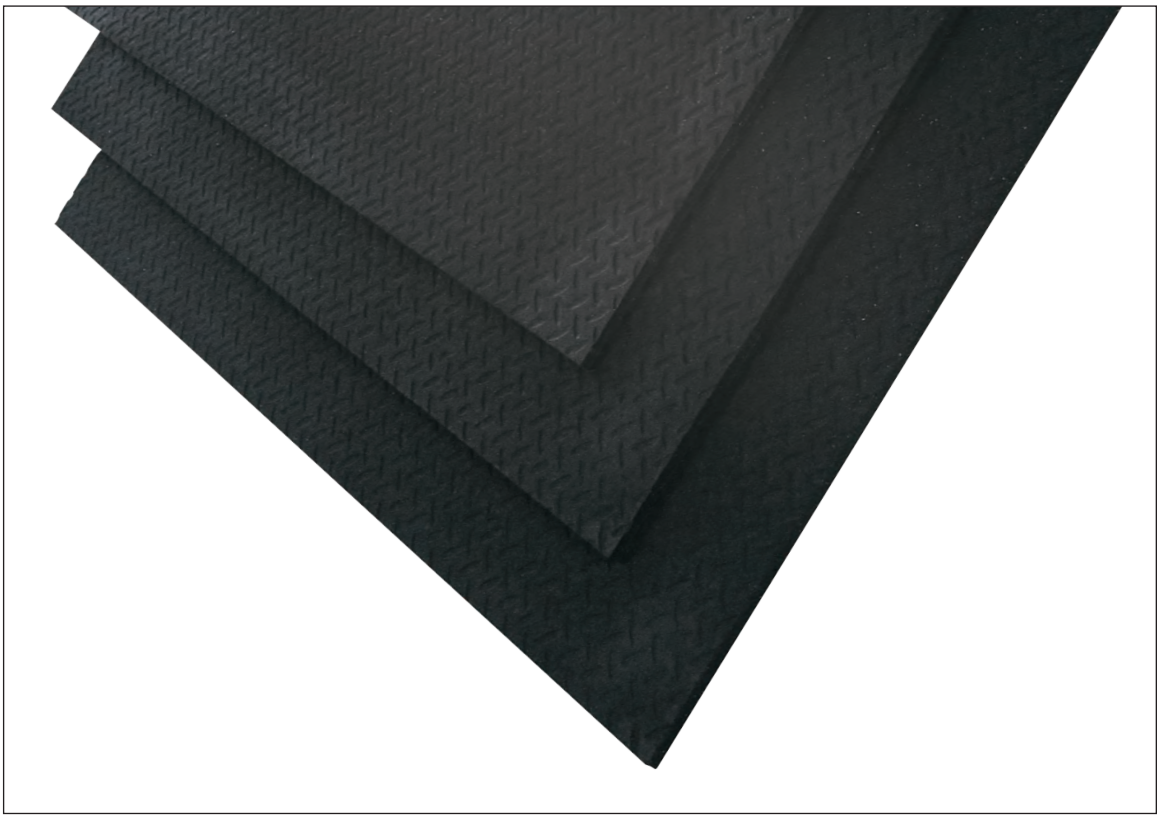
Product Data Sheet

RF546 (Sears# 6-30873)

Protective Rubber Flooring



RF546
Protective Rubber Flooring

Designed and manufactured for workout intensity, comfort and value, Protective Rubber Flooring offers heavy-duty solid rubber construction that absorbs the impact of free weights, home gyms and treadmills.

Rubber flooring ensures natural, secure footing for excellent traction and superior impact protection. These pads will not tear, split, stretch, crack, wrinkle or shrink even under the most brutal conditions.

Dimensions: 4'W x 6'L, ½" thick

Special Features

- Non-gloss finish
- Inverted texture on both sides
- Dampens vibrations
- Non-marking black color
- Fade resistant

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Body-Solid®
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Product Data Sheet

SDR (See below for Sears item numbers)
Rubber Coated Hex Dumbbells

SDR[SIZE]
Rubber Coated Hex Dumbbells

Rubber Coated Hex Dumbbells feature durability that simply can't be matched. They resist cracking and fading while protecting floors and equipment. Made from solid cast iron with a six-sided anti-roll design and encased in virgin rubber, this dumbbell is as stylish as it is durable. Heads are securely fastened with a uniquely designed pin mechanism that means this equipment is about as low-maintenance as it gets. No spinning or loosening.

Set Item #	Weight	Sears Item #
SDRS550	5-50 lb. pairs	6-82286
SDRS650	55-75 lb. pairs	6-82287
SDRS900	80-100 lb. pairs	6-82288

Weight	Item #
3	SDR3
5	SDR5
8	SDR8
10	SDR10
12	SDR12
15	SDR15
25	SDR25
20	SDR20
30	SDR30
35	SDR35
40	SDR40
45	SDR45
50	SDR50
55	SDR55
60	SDR60
65	SDR65
70	SDR70
75	SDR75
80	SDR80

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Product Data Sheet

VDRA30 (Sears# 6-82257)

Accessory Stand

VDRA30
Accessory Stand
Dimensions: 36"H x 14"L x 14"W

Special Features

- Keep your workout area neat and organized
- Store cable attachments, gloves, straps, dumbbells, etc.

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Body-Solid®
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Product Data Sheet

WT46 (Sears# 6-23742)
Olympic Weight Tree

WT46
Olympic Weight Tree

Super-tough ABS plastic ball-end storage post caps provide quick and easy alignment for weight plate loading. Four rubber foot tabs riveted on to bottom of base frame to protect your floor. Textured powder coat finish hides dust, dirt and finger prints.

Dimensions: 24"H x 27"L x 16"W

Special Features

- 3"x3" all-4-side, heavy gauge welded steel construction
- 1,000 lb. weight capacity
- Two Olympic bar holders included
- Six triple chrome plated Olympic weight plate storage posts

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BSTDMB (See chart below for Sears item numbers)

Body-Tools Dual-Grip Medicine Balls

BSTDMB
Body-Tools Dual-Grip Medicine Balls

Medicine balls are ideal for every day use because they are compact enough to keep in any room. Best of all, Body-Solid has taken dual-grip medicine ball design and updated it with a fresh modern look and user-friendly features:

- Durable rubber easy-grip handles for comfort and freedom of movement during both one- and two-handed exercises
- Solid weighted core
- Ideal for a wide range of upper and lower body exercises, including swings and rotational movements
- Incremental weights between 6 lb. and 20 lb. let you vary the intensity of your routines

Weight	Color	Item #	Sears Item #
6	Black	BSTDMB6	6-17291
8	Black	BSTDMB8	6-17292
10	Black	BSTDMB10	6-17293
12	Black	BSTDMB12	6-17294
14	Black	BSTDMB14	6-17295
18	Black	BSTDMB18	6-17296
20	Black	BSTDMB20	6-17297

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Product Data Sheet

BSTFB (See chart below for Sears item numbers)

Body-Tools Fitness Bars

BSTFB
Body-Tools Fitness Bars

You don't need a basement full of awkward barbells and dumbbells to take advantage of the many benefits of traditional weightlifting exercises. With Body-Solid Tools Fitness Bars, fitness is always within easy reach, because they can quickly and easily be stored away in a closet. Body-Solid gives exercise bars a fresh modern look and user-friendly features:

- Durable rubber construction is easy to grip and easy to clean
- Rubber end caps are color-coded by weight, so you can grab just the right weight for your chosen workout
- Perfect for a variety of personal or group exercises, including physical therapy, aerobics, yoga and Pilates
- Ideal for incrementally resistive exercise programs to increase stability, develop core strength and build endurance
- Incremental weights between 4 lb. and 36 lb. let you vary the intensity of your routines
- Weight designations are permanently embossed onto end caps, so sweat and cleaning will not wear them off

Weight	Color	Item #	Sears Item #
4	Orange	BSTFB4	6-17298
6	Lt. Purple	BSTFB6	6-17299
9	Yellow	BSTFB9	6-17300
12	Green	BSTFB12	6-17301
15	Red	BSTFB15	6-17302
18	Blue	BSTFB18	6-17303
24	Dk. Purple	BSTFB24	6-17304
30	Magenta	BSTFB30	6-17305
36	Lt. Grey	BSTFB36	6-17306

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Product Data Sheet

BSTMB (See chart below for Sears item numbers)

Body-Tools Medicine Balls

BSTMB
Body-Tools Medicine Balls

Medicine balls are ideal for every day use because they are compact enough to keep in any room. Best of all, Body-Solid has taken traditional medicine ball design and updated it with a fresh modern look and user-friendly features:

- Durable rubber construction for bouncing
- Adjustable air pressure lets you control the amount of bounce
- Textured surface ensures superior grip and handling
- Ideal for a wide range of upper and lower body exercises, including crunches, rotational twists and leg raises
- Incremental weights between 2 lb. and 18 lb. let you vary the intensity of your routines

Weight	Color	Item #	Sears Item #
2	Lt. Purple	BSTMB2	6-17283
4	Yellow	BSTMB4	6-17284
6	Aqua	BSTMB6	6-17285
8	Red	BSTMB8	6-17286
10	Blue	BSTMB10	6-17287
12	Black	BSTMB12	6-17288
14	Orange	BSTMB14	6-17289
16	Green	BSTMB16	6-17290

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Product Data Sheet

BSTSB (See chart below for Sears item numbers)

Body-Tools Anti-Burst Exercise Balls

BSTSB
Body-Tools Anti-Burst Exercise Balls

What goes around comes around, and the best way to ensure a lifetime of healthy posture, balance and conditioning is to commit to a regular core strength and stability program. Fortunately, Body-Solid makes it simple, fun and effective with exercise balls durably designed to round out your daily routines.

- Durable, anti-burst construction is easy to use and easy to clean
- Four sizes to comfortably accommodate any size user
- Ideal for core strength and stability programs that target toning, stretching, back care, balance and rehabilitation

Weight	Color	Item #	Sears Item #
45cm	Green	BSTSB45	6-17279
55cm	Grey	BSTSB55	6-17276
65cm	Red	BSTSB65	6-17280
75cm	Blue	BSTSB75	6-17281

Anti-Burst Exercise Balls are packaged deflated and include an air pump for easy inflation.

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Product Data Sheet

BSTYM5 (Sears# 6-30279)

Body-Solid Tools Yoga Mat

BSTYM5
Body-Solid Tools Yoga Mat

Our durable Body-Solid Yoga Mats provide a stable, non-slip surface for your yoga or pilates. A great yoga mat will take your practice to the next level. This soft, flexible mat is lightweight for easy transport. The low density material lightens the weight of the mat without losing quality or traction.

Dimensions: 72" x 24"

Special Features

- Light-tack non-slip surface
- Perfect for home or studio use
- Just the right amount of cushioning for your bones and joints
- Ensures the safety and comfort you need to enhance proper alignment and maintain poses
- Ideal for everyone, from beginners to seasoned yogis

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Product Data Sheet

GFR500 (Sears# 6-30866)

Body-Solid Tools Fitness Bar Rack

GFR500

Body-Solid Tools Fitness Bar Rack

Dimensions: 43.5"H x 25"D x 28.5"W

Special Features

- Holds up to 30 Body-Solid Tools Fitness Bars

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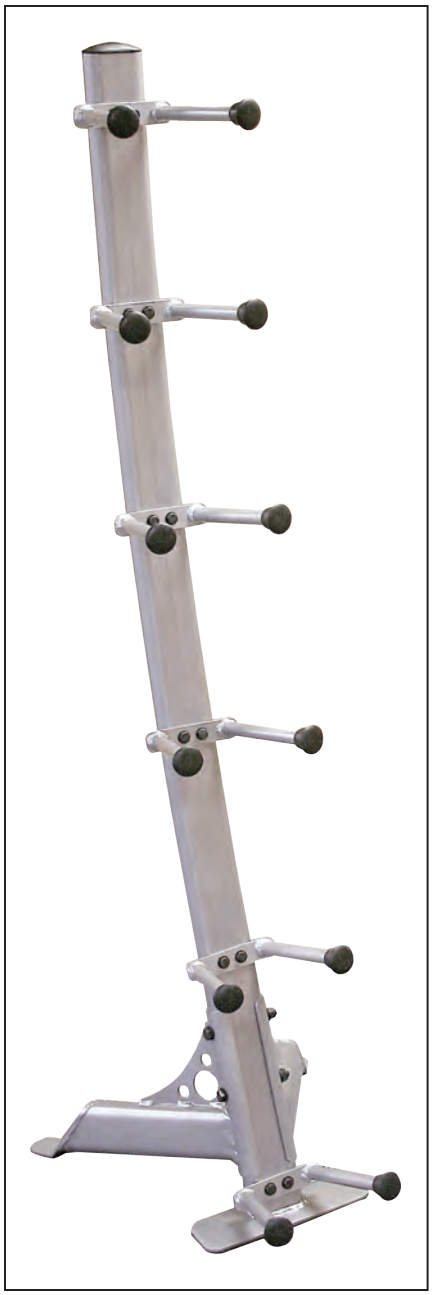
Product Data Sheet

GMR10 (Sears# 6-30865)

Body-Solid Tools Medicine Ball Rack



(Medicine balls sold separately)

GMR10
Body-Solid Tools Medicine Ball Rack
Dimensions: 62"H x 23"D x 21"W

Special Features

- Holds six Body-Solid Tools Medicine Balls
- Fit any size ball on any holder
- Also able to hold Body-Solid Tools Dual-Grip Medicine Balls

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Product Data Sheet

B3R (Sears# 6-11711)

Self-Generating Recumbent Bike

B3R
Self-Generating Recumebnt Bike

With DuraFirm™ padding providing comfortable lumbar support, a more comfortable seat than a traditional road bike and 16 levels of smoothly adjustable magnetic resistance, the Endurance B3R puts you in control of your daily ride.

The Endurance B3R's self-generating electronics provide you with the constant feedback you need to monitor your workout. Plus, with contact heart rate and advanced heart rate control programming, you'll ride smarter and more cardio-efficiently.

Dimensions: 57"H x 57"L x 21"W

Special Features

- Interval, random, heart rate control, fat burn, weight loss, rolling, cardiovascular
- Heart rate, distance, speed, time, calories, resistance level, watts and METS
- 8 LED segments, 8x30 profile matrix LED
- Contact heart rate readout
- Magnetic resistance system with 16 levels
- 24 lb. precision balanced flywheel and poly-V belt drive system

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ENDURANCE by Body-Solid

COMMERCIAL RATED

Product Data Sheet

B3U (Sears# 6-11712)

Self-Generating Upright Bike

B3U
Self-Generating Upright Bike

With a more comfortable seat than a traditional road bike and 16 levels of smoothly adjustable magnetic resistance, the Endurance B3U puts you in control of your daily ride. You're free to adjust your workouts to suit your mood.

The Endurance B3U's self-generating electronics provide you with the constant feedback you need to monitor your workout. Plus, with contact heart rate and advanced heart rate control programming, you'll ride smarter and more cardio-efficiently.

Dimensions: 55"H x 41"L x 24"W

Special Features

- Interval, random, heart rate control, fat burn, weight loss, rolling, cardiovascular
- Heart rate, distance, speed, time, calories, resistance level, watts and METS
- 8 LED segments, 8x30 profile matrix LED
- Contact heart rate readout
- Magnetic resistance system with 16 levels
- 24 lb. precision balanced flywheel and poly-V belt drive system

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ENDURANCE by Body-Solid

COMMERCIAL RATED

Product Data Sheet

E5000

Endurance Elliptical (Sears# 6-22382)

E5000
Endurance Elliptical

- Patented Center Drive design
- Rare blend of space efficiency and stability
- Low center of gravity combined with a balanced frame prevents rocking
- Dual-action upper and lower body with premium handgrips
- Easy step-up height
- Close pedal spacing combined with oversized pedals fits any size user and eliminates hip fatigue
- Includes handles for easy transport
- Commercial rated
- Natural 21" stride
- Self-generated power, eliminates power requirements
- Arched support frame for maximum durability and stability
- Wireless HRC with chest strap
- Contact heart rate
- Programmable, with five HRC programs, seven programs, and two user programs
- 325 lb. user capacity

Assembled dimensions: 69"H x 68.4"L x 31"W, 269 lb.

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Product Data Sheet

T10HRC (Sears# 6-11702)

Endurance Light Commercial Treadmill

T10HRC
Endurance Light Commercial Treadmil

Now you can march to the beat of 25 state-of-the art fitness programs designed by some of the industry's top athletic trainers, targeting your optimum performance levels for unning, endurance, distance, fat burning, cardio fitness and more. With all the top features of our finest treadmills, including Heart Rate Control, the Endurance T10HRC is the quintessential choice for discerning athletes and dedicated running enthusiasts.

Dimensions: 57"H x 77"L x 32"W

Special Features

- Endurance, running, interval, cardiovascular, walking, custom learner, distance, calories, time, manual, fat burn, and heart rate
- Heart rate, elevation, time, distance, speed, and calories
- Heart rate control with Telemetric strap
- Profile matrix LED display
- Up to 15% elevation and .5-10 mph speed
- 20"x60" running area
- Extra large, 2.5" crowned rollers
- High density 2-ply urethane tread belt

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BFSB10 (Sears# 6-11720)

Best Fitness Spin Style Bike

Optional Attachments:
BPEDS
Dual Sided Pedals

BFSB10

Best Fitness Spin Style Bike

With an indoor cycle training program, the hill doesn't end until you're ready for it to end, but that's not the only benefit of using the Best Fitness BFSB10. When you ride in the comfort and convenience of your own home, you're not limited by the unpredictability of an outdoor terrain, the weather or traffic.

Dimensions: 44"H x 44"L x 19"W

Special Features

- One-piece 44 lb. flywheel
- Durable, grooved V-belt transmission system
- Handle bar with chrome post tube
- More than 84 levels of high/low and forward/backward adjustments for handle bar and seat
- Three sealed bearing sets (pedals, belt wheel, flywheel)
- Unlimited range of tension adjustments

Product Data Sheet

DGYM (Sears# 6-30220)

Base Frame for Pro•Dual Multi-Stack

DABB-G/2 (Sears# 6-30221)
Pro•Dual Ab & Back w/210 lb. Stack

DABB-G/3 (Sears# 6-30222)
Pro•Dual Ab & Back w/310 lb. Stack

DBTC-G/2 (Sears# 6-30223)
Pro•Dual Bicep Tricep w/210 lb. Stack

DBTC-G/3 (Sears# 6-30224)
Pro•Dual Bicep Tricep w/NO Stack

DCLP-G/2 (Sears# 6-30226)
Pro•Dual Leg Press Calf Press w/210 lb. Stack

DCLP-G/3 (Sears# 6-30227)
Pro•Dual Leg Press Calf Press w/310 lb. Stack

DIOT-G/2 (Sears# 6-30233)
Pro•Dual Inner/Outer Thigh w/210 lb. Stack

DIOT-G/3 (Sears# 6-30234)
Pro•Dual Inner/Outer Thigh w/310 lb. Stack

DLAT-G/2 (Sears# 6-30235)
Pro•Dual Lat Mid Row w/210 lb. Stack

DLAT-G/3 (Sears# 6-30236)
Pro•Dual Lat Mid Row w/310 lb. Stack

DLEC-G/2 (Sears# 6-30239)
Pro•Dual Leg Extension & Curl w/210 lb. Stack

DLEC-G/3 (Sears# 6-30240)
Pro•Dual Leg Extension & Curl w/310 lb. Stack

DPCC-G/2 (Sears# 6-30241)
Pro•Dual Adjustable Cable Column w/210 lb. Stack

DPCC-G/3 (Sears# 6-30242)
Pro•Dual Adjustable Cable Column w/310 lb. Stack

DPEC-G/2 (Sears# 6-30243)
Pro•Dual Pec Rear Delt w/210 lb. Stack

DPEC-G/3 (Sears# 6-30244)
Pro•Dual Pec Rear Delt w/310 lb. Stack

DPLS-G/2 (Sears# 6-30246)
Pro•Dual Vertical Press and Lat w/210 lb. Stack

DPLS-G/3 (Sears# 6-30247)
Pro•Dual Vertical Press and Lat w/310 lb. Stack

DPRS-G/2 (Sears# 6-30249)
Pro•Dual Multi Press w/210 lb. Stack

DPRS-G/3 (Sears# 6-30250)
Pro•Dual Multi Press w/310 lb. Stack

DGYM
Base Frame for Pro•Dual Multi-Stack

Body-Solid revolutionizes the commercial equipment market by providing a modular approach to designing your next training facility. The Pro•Dual Line offers 10 dual function stations that can be used in single or multiple stack arrangements.

The anchor of the multi-station system is the 4 Stack Weight Tower. With positions for 3 or 4 stations, the space saving 4 Stack Tower provides a solid foundation for any of the 10 different Pro•Dual stations.

Dimensions 83"H x 38"L x 38"W

Special Features

- Commercial rated
- 4 independent weight stations of your choice
- 4 universal upper and lower station mounts
- 4 universal upper and lower pulley stations
- 4 easy mount chrome guide rods
- 210 lb. or 310 lb. weight stack option (weights not included with Base Frame)

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Product Data Sheet

DABB-F/2 (Sears# 6-30251)

Pro•Dual Ab and Back

Optional Configurations:

DABB-F/3 (Sears# 6-30252)
Pro•Dual Ab and Back w/frame and 310 lb. stack

DABB
Pro•Dual Ab and Back

The Pro•Dual Ab and Back Machine features a unique rotation position that provides correct, crunch-style movement for maximum abdominal contraction. Offers a 2:1 ratio for double the resistance of the weight stack up to 600 lbs.

With gracefully curved frames constructed from sleek, powder-coated tubing that exhibits a modern, design-forward aesthetic, the Pro•Dual Ab and Back Machine builds form into function and value into a superior modular strength training system. Best of all, you can buy with confidence, because the Pro•Dual Ab Crunch Back Extension is built to last a lifetime and is backed by the strongest warranty in the industry!

Dimensions: 62"H x 43"L x 51"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam
- Three-gauge steel connecting plates

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DBTC-F/2 (Sears# 6-30253)

Pro•Dual Bicep Tricep

Optional Configurations:

DBTC-F/3 (Sears# 6-30254)
Pro•Dual Bicep Tricep w/frame and 310 lb. stack

DBTC
Pro•Dual Bicep Tricep

Body-Solid's Pro•Dual Bicep & Tricep Machine provides a seamless change from bicep exercise to triceps exercise with dual grip handles. The adjustable seat and upper arm pad are designed to align the elbow with the rotational axis of the lifting arm. The machine's handle pivots to enhance user comfort.

The Bicep & Tricep Machine builds form into function and value into a superior modular strength training system. Best of all, you can buy with confidence, because the Bicep & Tricep Machine is built to last a lifetime and is backed by the strongest warranty in the industry!

Dimensions: 62"H x 40"L x 53"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diamater, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam

Product Data Sheet

DCLP-F/2 (Sears# 6-30256)

Pro•Dual Leg Press/Calf Press

Optional Configurations:

DCLP-F/3 (Sears# 6-30257)
Pro•Dual Leg Press/Calf Press w/frame and 310 lb. stack

DCLP
Pro•Dual Leg Press/Calf Press

Body-Solid's Pro•Dual Leg Press/Calf Extension's advanced design reduces spinal compression while allowing full range of motion in a natural biomechanically efficient movement. The machine features pillow block and sealed ball bearings for precision alignment and friction-free motion.

The fully adjustable DuraFirm™ back pad has an ergonomically designed two-position press plate to provide users of every size with a complete leg and calf workout. With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Body-Solid Pro•Dual Leg Press/Calf Extension builds form into function and value into a superior modular strength training system.

Dimensions: 77"H x 78"L x 41"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam

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Product Data Sheet

DIOT-F/2 (Sears# 6-30258)

Pro•Dual Inner and Outer Thigh

Optional Configurations:

DIOT-F/3 (Sears# 6-30259)
Pro•Dual Inner/Outer Thigh w/frame and 310 lb. stack

DIOT
Pro•Dual Inner and Outer Thigh

Body-Solid's Pro•Dual Inner and Outer Thigh Machine features a pop-in cam adjustment to users to select their own starting positional and range of motion. Four sealed, pillow-block ball bearing systems provide a smooth inner thigh and hip concentration.

With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Inner and Outer Thigh Machine builds form into function and value into a superior modular strength training system. Best of all, you can buy with confidence, because the Inner Thigh and Outer Thigh Machine is built to last a lifetime and is backed by the strongest warranty in the industry!

Dimensions: 62"H x 56"L x 64"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam

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Product Data Sheet

DLAT-F/2 (Sears# 6-30260)

Pro•Dual Lat Mid Row

Optional Configurations:

DLAT-F/3 (Sears# 6-30261)
Pro•Dual Lat Mid Row w/frame and 310 lb. stack

DLAT
Pro•Dual Lat Mid Row

Body-Solid's Pro•Dual Lat & Mid Row Machine is engineered with a high pulley directly overhead for optimum back and shoulder isolation. The extra long pull down bar permits wide, medium or narrow handgrip position. The Lat & Mid Row Machine also features a no-cable-change design to provide seamless transitions between long pull and seated row exercises.

With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Lat & Mid Row Machine builds form into function and value into a superior modular strength training system. The Lat & Mid Row Machine is built to last a lifetime and is backed by the strongest warranty in the industry!

Dimensions: 83"H x 68"L x 33"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam

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Product Data Sheet

DLEC-F/2 (Sears# 6-30262)

Pro•Dual Leg Extension & Curl

Optional Configurations:

DLEC-F/3 (Sears# 6-30263)
Pro•Dual Leg Extension & Curl w/frame and 310 lb. stack

DLEC
Pro•Dual Leg Extension & Curl

An elliptical cam keeps the user's arc of movement smooth and provides consistent resistance through a full range of motion. The recumbent DuraFirm™ back pad adjusts to fit any size user and eliminates lower back strain. The Pro•Dual Leg Extension/Leg Curl Machine also features pop-pin adjustable footpads to assure proper alignment, while the adjustable thigh pads provide stabilization during exercise.

With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Body-Solid Pro•Dual Leg Extension/Leg Curl Machine builds form into function and value into a superior modular strength training system. The Pro•Dual Leg Extension & Curl Machine is built to last a lifetime and is backed by the strongest warranty in the industry!

Dimensions: 62"H x 49"L x 39"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam

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Product Data Sheet

DPCC-F/2 (Sears# 6-30264)

Pro•Dual Adjustable Cable Column

Optional Configurations:

DPCC-F/3 (Sears# 6-30265)
Pro•Dual Adjustable Cable Column w/frame and 310 lb. stack

DPCC
Pro•Dual Adjustable Cable Column

Functional training can prove effective for individuals who need to improve balance, stability and neuromuscular coordination. The Body-Solid Pro•Dual Adjustable Cable Column offers you the freedom of movement to effectively, efficiently conduct numerous weight bearing activities targeting core muscles of the abdomen and lower back. Simple pop-pin adjustment allows the vertically adjustable pulleys to be set for over 100 exercises at a level that is comfortable for any size user. It gives you the freedom and range of motion to accomplish a total body workout in just a 3'x4' area.

Dimensions: 39"L x 46"W x 91"H

Special Features

- Commercial rated
- 2"x4" high-tensile strength steel, all 4-side welded mainframe
- Double, powder-coat finish protects against scratching, chipping and peeling
- Nylon-coated, self-lubricating, aircraft-quality steel cables
- Fiberglass reinforced nylon pulleys with v-grooved channels
- Machine drilled weight plates to exact specifications and employ oversized nylon bushings

Product Data Sheet

DPEC-F/2 (Sears# 6-30266)

Pro•Dual Pec Rear Delt

Optional Configurations:

DPEC-F/3 (Sears# 6-30267)
Pro•Dual Pec Rear Delt w/frame and 310 lb. stack

DPEC
Pro•Dual Pec Rear Delt

The Pro Dual Pec & Delt Machine features uniquely designed articulating pec arms to provide optimal; pectoral and rear deltoid development and has independent range of motion adjustments to accommodate users of all sizes. With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Pro Dual Pec & Delt Machine builds form into function and value into a superior modular strength training system.

Dimensions: 69"H x 57"L x 34"W

Special Features

- Commercial rated
- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated
- 5.5 mm diameter, 2500 lb. rated aircraft cable
- DuraFirm™ upholstery over 2" high density foam

DPLS-F/2 (Sears# 6-30268)

Pro•Dual Vertical Press and Lat

Optional Configurations:

DPLS-F/3 (Sears# 6-30269)
Pro•Dual Vertical Press and Lat w/frame and 310 lb. stack

DPLS
Pro•Dual Vertical Press and Lat

The Body-Solid Pro•Dual Vertical Press and Lat Machine offers a space-saving no-cable-change design solution for your people to focus on their chest and upper body with additional emphasis on their triceps and shoulders.

Biomechanically designed for maximum chest concentration and outstanding muscle development, the versatile machine offers a single station footprint that delivers multiple functionality, including mid-row, shoulder press, lat pull-down and incline press. Multiple press handles provide users of all sizes with different grip angles to create variable exercises to concentrate on distinct areas of the chest and triceps.

Dimensions: 83"H x 83"L x 41"W

Special Features

- Commercial rated
- 2"x4" high-tensile strength steel, All 4-side welded Mainframe
- Double powder coat finish protects against scratching, chipping and peeling
- Nylon-coated, self-lubricating, aircraft-quality steel cables
- Fiberglass reinforced nylon pulleys with v-grooved channels
- Machine drilled weight plates to exact specifications and employ oversized nylon bushings for super-smooth operation

Product Data Sheet

DPRS-F/2 (Sears# 6-30270)

Pro•Dual Multi Press

Optional Configurations:

DPRS-F/3 (Sears# 30271)
Pro•Dual Multi Press and Rack w/frame and 310 lb. stack

DPRS
Pro•Dual Multi Press

From flat bench to shoulder press, the Pro•Dual Multi Press offers a biomechanically designed solution for people seeking maximum chest concentration and outstanding muscle development.

Unique 20-position adjustable seat and back pad slide in unison, creating multiple press angles from flat through incline and vertical shoulder press. Heavy-duty counterbalanced press bar includes 5 adjustment angles and pillow block bearing pivots for continuously smooth movement. Multiple press handles provide users of all sizes with different grip angles to create variable exercises to concentrate on distinct areas of the chest and triceps.

Dimensions: 62"H x 89"L x 57"W

Special Features

- Commercial rated
- Fiberglass reinforced nylon pulleys with V-grooved channels and precision ground, sealed ball bearings
- 11-gauge 2.375"x4.625" oval tubing
- Electrostatically applied powder coated finish
- Spun steel aircraft cables are 5.5 mm diameter rated to over 2500 lb.
- DuraFirm™ upholstery over 2" high density foam
- Continuous welds at all joints

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Body-Solid ProClub Line

Product Data Sheet

SCB1000 (Sears# 6-30278)

ProClub Line Counter Balanced Smith Machine

SCB1000
ProClub Line Counter Balanced Smith Machine

Counter-balanced to a comfortable 13 pounds, the SBC1000 allows any size user to start with an appropriate amount of resistance, then handles up to 1,200 pounds with ease. Its 0° reverse pitch and silky smooth vertical carriage ensure freedom of biomechanically correct movement as you move safely and efficiently through routines that can include bench press, chest press, military press, squats, lunges, curls, shoulder shrugs and dozens of other muscle-massing exercises.

Dimensions 84"H x 50"L x 86"W

Special Features

- Commercial rated
- Super-smooth vertical movement up and down the carriage
- Safe guided motion to keep you from losing your balance and eliminate the need for a spotter
- Ergonomically designed oval, 11-gauge steel
- Case hardened rods and high quality bearings ensure smooth performance at any weight
- Six Olympic weight plate storage posts to safely suspend plates off the floor for easy access

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Body-Solid ProClubLine

Product Data Sheet

SFB349G (Sears# 6-82258)

ProClub Line Flat Olympic Bench

Bar and weight plates sold separately.

SFB349G
ProClub Line Flat Olympic Bench

- Commercial rated
- 2"x3" heavy duty 11-gauge mainframe construction
- ¼" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powder coat metallic silver paint finish

Dimensions: 68"L x 50"W x 48"H

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Body-Solid ProClub Line

Product Data Sheet

SIB359G (Sears# 6-82259)

ProClub Line Inline Olympic Bench

Bar and weight plates sold separately.

SIB359G
ProClub Line Inline Olympic Bench

- Commercial rated
- 2"x3" heavy duty 11-gauge mainframe construction
- ¼" zinc plated solid gunracks
- Durable double stitched upholstery
- Electrostatically applied powder coat metallic silver paint finish

Dimensions: 61"L x 50"W x 62"H

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Commercial Large Facility Room–SEARSCF1

Focus on multiple users–up to 14 at one time

SEARSCF1 Includes:

- Eight piece Pro·Dual line:
  - DCLP Leg and Calf Press
  - DBTC Bicep and Tricep
  - DABB Ab and Back
  - DPCC Cable Column
  - DLAT Lat and Midrow
  - DPRS Multi Press
  - DLEC Leg Extension/Leg Curl
  - DPEC Pec Fly/Rear Delt
- Two T10HRC treadmills
- Two E5000 ellipticals
- Two B3R recumbent bikes
- VDRA30- Accessory stand loaded with 20 accessory bars
- Mats for all cardio equipment (six mats)

Special Features

- Focus on larger facility with higher number of simultaneous users
- Both strength and cardio items are represented for a full fitness facility
- Ideal for parks and recreation facilities, fitness centers, military/government facilities, etc.

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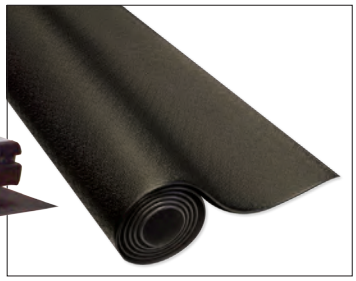
Commercial Medium Facility Room–SEARSCF2

Focus on multiple users–up to 7 at one time



SEARSCF2 Includes:

- DGYM Multi-Station includes 4 stations:
  DPLS Vertical Press and Lat
  DLEC Leg Extension/Leg Curl
  DPEC Pec Fly/Rear Delt
  DPCC Cable Column
- T10HRC treadmill
- E5000 elliptical
- GFID225 adjustable bench
- GDR363 dumbbell rack with 5-50 lb. set of rubber dumbbells
- Two RF34B equipment mats
- RF36T treadmill mat

Special Features

- Focus on medium sized facility with multiple users
- Strength, freeweights and cardio items are represented
- Ideal for hospitality, parks and recreation facilities, etc.

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Commercial Small Facility Package Opt. 1–SEARSCF3

Focus on space and multiple users–up to 5 at one time

SEARSCF3 Includes:

- G9S three-station gym
- E5000 elliptical
- T10HRC treadmill
- GFID225 adjustable bench
- GDR363 dumbbell rack with 5-50 lb. set of rubber dumbbells
- Two RF34B equipment mats
- RF36T treadmill mat

Special Features

- Hospitality/multi-housing focused package
- Strength, freeweights and cardio items are represented

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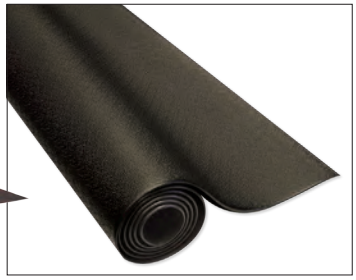
Commercial Small Facility Package Opt. 2–SEARSCF4

Focus on space and multiple users–up to 5 at one time



SEARSCF4 Includes:

- G9S three-station gym
- B3R recumbent bike
- T10HRC treadmill
- GFID225 adjustable bench
- GDR363 dumbbell rack with 5-50 lb. set of rubber dumbbells
- RF34B equipment mat
- Two RF36T treadmill mats

Special Features

- Hospitality/multi-housing focused package
- Strength, freeweights and cardio items are represented

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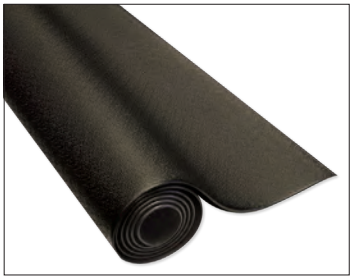
Commercial Small Facility Package Opt. 3–SEARSCF5

Ideal for police stations, fire stations, multi-housing



SEARSCF5 Includes:

- G5S single station gym
- GVKR82 vertical knee raise/dip/pull-up
- E5000 elliptical
- GFID225 adjustable bench
- GDR363 dumbbell rack with 5-50 lb. set of rubber dumbbells
- Two RF34B equipment mats

Special Features

- Budget focused for a smaller facility
- Emphasis on multi-use strength stations

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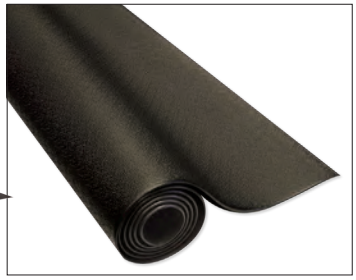
Commercial Small Facility Package Opt. 4–SEARSCF6

Ideal for police stations, fire stations, multi-housing



SEARSCF6 Includes:

- G5S single station gym
- GVKR82 vertical knee raise/dip/pull-up
- T10HRC treadmill
- GFID225 adjustable bench
- GDR363 dumbbell rack with 5-50 lb. set of rubber dumbbells
- RF34B equipment mat
- RF36T treadmat

Special Features

- Budget focused for a smaller facility
- Emphasis on multi-use strength stations

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Personal Training Package–SEARSCF7

Ideal for personal training facilities

SEARSCF7 Includes:

- GDCC210 functional trainer
- BSTSB65 stability ball (65cm, red)
- GFID225 bench
- GDR363 dumbbell rack with 5-50 lb. set of rubber dumbbells
- RF34B equipment mat

Special Features

- Functional trainer focused package

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Medicine Ball Rack Package–SEARSCF8

SEARSCF8 Includes:

- GMR10 medicine ball rack
- BSTMB medicine balls:
  4 pound (BSTMB4)
  8 pound (BSTMB8)
  12 pound (BSTMB12)
- BSTDMB dual-grip medicine balls:
  8 pound (BSTDMB8)
  14 pound (BSTDMB14)
  20 pound (BSTDMB20)
- Two BSTYM yoga mats (5mm, red)

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